

**KEISER STRENGTH**



**AIR300**

# **AIR300 LEG EXTENSION**

**NOT JUST BETTER MACHINES,  
BETTER SCIENCE**

Keiser is always challenging the status quo of fitness science by exercising the most powerful muscle: the brain. While competition starts and ends within the limits of a machine, Keiser starts with the potential of the human body and develops smarter technology to unknow the limits of speed, efficiency and safety.

**KEISER<sup>®</sup>**  
BECAUSE...  
**'GOOD  
ENOUGH'  
ISN'T.™**

# KEISER STRENGTH

Introduce precision to your strength training programs. Our machines are equipped with patented Keiser Pneumatic Technology to give everyone from first-time gym members to pro athletes a safer, easier, more efficient way to boost power output, improve core stability and gain overall muscle performance.

AIR300

## AIR300 LEG EXTENSION

**THE AIR300 LEG EXTENSION WITH ITS UNIQUE UNILATERAL MOVEMENT IS A PERFECT MATCH FOR REHABILITATION AND SPORTS SPECIFIC APPLICATIONS**

Keiser's pneumatic technology allows users to train at unlimited speeds, making it ideal for power training. The additional benefit of the unilateral movement also helps correct strength imbalance.

### KEISER PNEUMATIC RESISTANCE SYSTEM

With Keiser Pneumatic Technology, the muscles remain active and engaged throughout the entire range of motion and velocities, with reduced shock loading to muscles, connective tissues and joints, which allows for workout regimens that can safely improve physical performance in ways not seen with traditional strength training methods.

**READ MORE:  
[WWW.KEISER.COM](http://WWW.KEISER.COM)**



### FEATURES

- Offers unilateral movement - each limb can be trained symmetrically
- Increased resistance range for more intense functional workouts
- Smooth pneumatic resistance
- Fully adjustable to accommodate a wide range of users
- Bilateral movement for body symmetry training
- Large digital displays with resistance and counted repetitions

### SPECIFICATIONS

**HEIGHT**  
43" / 1092 mm

**WEIGHT**  
187 lbs / 85 kg

**WIDTH**  
45" / 1143 mm

**RESISTANCE RANGE**  
0 - 250 lbs / 0 - 126 kg

**LENGTH**  
45" / 1143 mm

**KEISER**® | BECAUSE...  
**'GOOD ENOUGH' ISN'T.**™

**CONTACT A SALES REP TODAY**  
1.559.256.8000 | [keiser.com/contactus](http://keiser.com/contactus)